Boost Your Brain & Memory
Brain Fitness Class

Our aim is to help participants implement new habits to maintain cognitive health while also practicing new skills for better memory performance.

For ADA accommodations, contact: John Fuller fullerjc@Missouri.edu or 573-686-8064

The class uses a whole-person approach that helps you form new habits to live a healthier lifestyle, remember things better, be more organized, pay closer attention and regulate your emotions. Each participant will receive a workbook including memory exercises, tips on nutrition and exercise, and summaries of evidence-based research on brain health.

Oct. 16, 2017  Nov 13, 2017
Oct. 23, 2017  Nov 20, 2017
Oct. 30, 2017  Nov 27, 2017
Nov. 6, 2017  Dec. 4, 2017
12:00-1:00pm
*Bring your own lunch

To Register, please mail this completed form, along with payment, to University of Missouri Extension Center Butler County or call 573-686-8064 to pay with credit card.

Name:__________________________________________________________
Address:________________________________________________________________________
City: ____________________________  State:_______  Zip:  ______________
Phone Number:  __________________  Email Address:___________________

Registration Fee: $35